

Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met.
(All answers should be marked "Yes")

Note: This checklist is based on the NEW *Meal Pattern for Children*.
Self-prep facilities must be in full compliance by no later than October 1, 2017.

| Breakfast: | Yes | No |
|---|-----|----|
| ▪ 3 components: Fluid Milk, Vegetables and/or Fruits, Grains/Breads | | |
| ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). | | |
| ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. | | |
| ▪ Meat/Meat alternates may be used to meet entire grains requirement a maximum of three times a week. | | |
| Lunch/Supper: | Yes | No |
| ▪ 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads. | | |
| ▪ One vegetable and one fruit or two different vegetables may be served. | | |
| Snack: | Yes | No |
| ▪ 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads. <i>Note: Juice must not be served when milk is the only other component.</i> | | |
| ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. <i>Note: For those centers that claim two snacks and one meal instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits must be served at least twice a week at each snack time.</i> | | |
| General Menu: | Yes | No |
| ▪ Fruit juice does not appear on the menu more than once a day. | | |
| ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). | | |
| ▪ At least one grain serving per day, across all eating occasions, is 100% whole grain. | | |
| ▪ Grain-based desserts (e.g. granola bars, cookies, graham crackers) are not served as part of a reimbursable meal. | | |
| ▪ Yogurt must contain no more than 23 grams of total sugars per 6 ounces (15 g/4 oz or 3.8 g/oz). | | |
| ▪ Children age one receive unflavored whole milk. | | |
| ▪ Children ages 2 through five receive unflavored lowfat (1%) or unflavored fat-free (skim) milk. | | |
| ▪ Flavored milk is not served to children under 6 years of age. | | |
| ▪ Good vitamin A* sources from vegetables and/or fruits are included at least twice a week. | | |
| ▪ Good vitamin C* sources from vegetables or fruits or juice are included at least once a day. | | |
| ▪ Commercially processed combination foods must have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. | | |

*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website and in *A Guide to Crediting Foods*.

Note: Refer to *Revised Exhibit A* to ensure correct portions of grain/bread food items are served.

Menu Review Tips

Below are tips to assist in reviewing menus.

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| Breakfast: |
| <ul style="list-style-type: none"> ▪ A meat/meat alternate is <i>not</i> required at breakfast, however meat/meat alternates may be used to meet entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving). |
| Lunch/Supper: |
| <ul style="list-style-type: none"> ▪ Combination main dish products – if purchased – must have a CN Label or manufacturer’s Product Formulation Statement (PFS) to show food component contribution. ▪ Combination main dish items – “made from scratch” – should have supporting documentation such as a recipe (preferably standardized) and/or *grocery receipts. <p>Note: combination dishes (i.e., products or recipes containing foods from more than one meal component) should only be credited for no more than two meal pattern components to ensure that children do not go hungry when a combination dish is disliked or not eaten.</p> <p>*Day care home providers are not required to maintain grocery receipts.</p> |
| Snack: |
| <ul style="list-style-type: none"> ▪ Water does not appear on the menu as one of the two required components. |
| General Menu: |
| <ul style="list-style-type: none"> ▪ Pre-packaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package. |
| <ul style="list-style-type: none"> ▪ Grain-based desserts (e.g. granola bars, cookies, graham crackers) are not creditable. |
| <ul style="list-style-type: none"> ▪ Yogurt is a meat/meat alternate, it is not considered milk. A commercial fruit yogurt does not count as a fruit component. |
| <ul style="list-style-type: none"> ▪ Tofu is creditable as a meat/meat alternate. |
| <ul style="list-style-type: none"> ▪ Commercially prepared smoothies may only credit toward the fruit and or vegetable component and require a PFS. |
| <p>Comments:</p> |